



NUTRITION CONSULTING INC.

Chicken Honey Dijon

Serve with rice, pasta or quinoa and steamed veggies to complete your plate.

Makes 4 servings

What you need:

- 2 tbsp olive oil
- 1 cup sliced mushrooms
- 1 small chopped onion
- 1 clove garlic
- 500g boneless skinless chicken breasts (~4)
- 1/2 cup low-fat ranch dressing
- 1/4 cup chicken stock
- 2 tbsp Dijon mustard
- 2 tbsp honey



How you prepare:

In oil sauté onions, garlic and mushrooms. Cube chicken and add to skillet. Add the rest of ingredients and cook until chicken is done. Serve with rice, pasta or quinoa and steamed veggies to complete your plate.

Per serving:

- Calories 334
- Carbohydrates 17 g
- Protein 31 g
- Fat 16 g
- Dietary Fiber 1 g

It's your **health.**



Take a stand.

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